

FALL 2025 DIVISION REFERENCE GUIDE

	6U	8U	10U	12U	JH/HS
Team Size	6-7 players	7-8 players	10-11 players	12-14 players	18-20 players
Match Format	4v4	5v5	8v8	9v9	11v11
Max Players on Field	4	6	8	11	11
Min Players on Field	3	3	5	6	7
Periods	4	4	4	2	2
Period Length	5 min	10 min	12 min	25 min	40 min
Half-time Length	5 min	5 min	5 min	5 min	5 min
Substitution	Quarter	Quarter	Quarter	Free Sub	Free Sub
Goalies	No	No	Yes	Yes	Yes
Headers	No	No	No	No	Yes
Referees	Coach	Coach or 1-2	1-3	1-3	1-3
Scores/Standings	No	No	Tracked	Yes	Yes
Championship	No	No	No	Costa Vida	Domino's
Ball Size	3	3	4	4	5
Out-of-Bound Restarts	Pass-In	Throw-In	Throw-In	Throw-In	Throw-In
Offside	No	No	Yes, From Build-Out Line	Yes	Yes
Goalie Drop-kick	N/A	N/A	No	Yes	Yes
Other	20m Practice Before Game		Build-Out Line		